

# Staying Safe This Summer

With good weather upon us, spending time in the sun and participating in outdoor activities can be a lot of fun, but there are some risks to being outside during the warmer months of the year. The following tips can help ensure a fun and safe summer, especially when exercising outdoors:



## Warmer Weather

If you enjoy outdoor summer activities, stay safe while out in the heat by:

- Drinking plenty of water
- Taking frequent breaks from activity
- Limiting strenuous activity to the morning and evening hours

## Sun Safety

While no one can completely eliminate sun exposure, you can take steps to help minimize the damage caused by ultraviolet (UV) radiation

- Avoid exposure when the sun is hottest: from 10 a.m. to 2 p.m.
- Reapply sunblock every two to three hours that you are outdoors
- Wear a wide-brimmed hat, which will shade your eyes and protect the skin on your face
- Use a broad-spectrum sunblock lotion with an SPF of 30 or higher
- Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays

## Overheating

If you are going to exercise in hot weather, keep the danger signs for heat exhaustion and heat stroke.

**Heat Exhaustion:** Heat exhaustion occurs as a result of long-term exposure (usually over several days) to heat combined with a lack of fluid intake. With heat exhaustion, body temperature will usually stay at a normal level.

Symptoms include:

- Sweating
- Fatigue
- Headache
- Paleness
- Weakness
- Nausea
- Muscle Cramps
- Dizziness
- Clammy Skin

**Heat Stroke:** Heat stroke occurs as a result of heat exhaustion that is left untreated. The body becomes unable to self-cool, resulting in an elevated body temperature.

Signs of heat stroke include:

- Hot and dry, red skin
- Confusion
- Fainting

Heat stroke is a serious condition that can be fatal if left untreated. If someone you know is suffering from heat stroke, call for immediate medical assistance. While waiting for emergency assistance to arrive, immerse the victim in cold water or cover their body with cold, wet cloths.

## Here when you need us.

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